

Art activate: I can talk to my hand

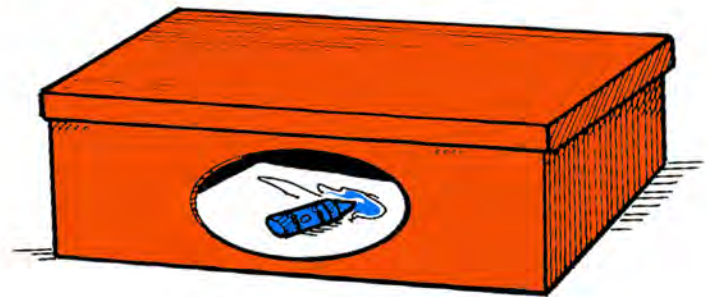
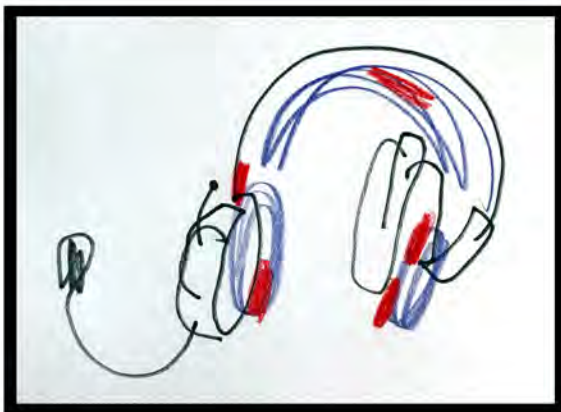


This exercise is a variation of the Blind Time Drawings.

The coordination of the hand and the eye are connected through the brain. People who can see well depend on their **VISION** to control the movement of their hands. If there is no light and you can't see, this coordination becomes difficult but not impossible. Can you make your hands do what they should normally do were you able to see?



Shoe box
Scissors.
Printer or sketch paper.
Markers, or pens (for outlines)
Colored pencils or crayons (for coloring)
Assorted objects of your choice.



STEPS:



1. Use the scissors to cut a hole large enough to put a hand inside the shoe box.
2. Choose an object you would like to draw and place directly in front of you.
3. Place a sheet of paper in the bottom of the shoe box.
4. Contour-draw on the paper inside the box without looking at the drawing.
5. Try coloring inside the same lines you used to contour/outline.
6. Remove the drawing and see the results.

Hint: The more you try this exercise, the better your brain and hand will communicate to each other